

River Falls Nutrition Program November 2018 Menu

119 Union Street - 715-425-9932

Serving Monday – Friday

*****Due to circumstances beyond our control, menu changes may occur from time to time*****

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Suggested Donation for: Congregate Dining: <u>\$5.00 per meal</u> Home-delivered Meals: <u>\$6.50 per meal</u> Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p> | |  <p>Why did the turkey cross the road? <i>It was the chicken's day off.</i></p> | <p>1 Chipped Beef Mashed Potatoes or Toast Peas & Carrots Chef's Choice Fruit Dessert</p> | <p>2 Crispy Fish Baked Potato Broccoli Chef's Choice Fruit Dinner Roll Dessert</p> |
| <p>5 Chicken Cordon Bleu Au Gratin Potatoes Island Blend Veggies Chef's Choice Fruit Garlic Biscuit Dessert</p> | <p>6 Ham Loaf Wild Rice 5 Way Blend Veggies Chef's Choice Fruit Bread Slice Dessert</p> | <p>7 Pot Roast Mashed Potatoes w/ gravy Green Beans Chef's Choice Fruit Dinner Roll Dessert</p> | <p>8 Spaghetti & Meat Sauce Country Blend Veggies Chef's Choice Fruit Garlic Bread Dessert</p> | <p>9 Baked Salmon Au Gratin Potatoes Fresh Asparagus Chef's Choice Fruit Dinner Roll Dessert</p> |
| <p>12 Spinach Artichoke Chicken Baked Potato Country Blend Veggies Chef's Choice Fruit Garlic Biscuit Dessert</p> | <p>13 Beef Chow Mein Cass. Stir Fry Veggies Chef's Choice Fruit Egg Roll Dessert</p> | <p>14 Seasoned Baked Chicken Mashed Potatoes w/ gravy Carrots Chef's Choice Fruit Dinner Roll Dessert</p> | <p>15 Bacon Cheeseburger Spinach Tortellini Salad 5 Way Blend Veggies Chef's Choice Fruit Dessert</p> | <p>16 Potato Crunch Pollock Baked Potato Island Blend Veggies Chef's Choice Fruit Dinner Roll Dessert</p> |
| <p>19 Chicken Broccoli Cass. Carrots Chef's Choice Fruit Bread Slice Dessert</p> | <p>20 Swedish Meatballs Buttered Noodles Country Blend Veggies Chef's Choice Fruit Bread Stick Dessert</p> | <p>21 Pineapple Ham Sweet Potatoes Peas Chef's Choice Fruit Dinner Roll Dessert</p> | <p>22 CLOSED for Thanksgiving Day</p> | <p>23 CLOSED for Thanksgiving Holiday</p> |
| <p>26 Bacon Wrapped Pork Chop Au Gratin Potatoes 5 Way Blend Veggies Chef's Choice Fruit Garlic Biscuit Dessert</p> | <p>27 Smothered Chicken Baked Potato Island Blend Veggies Chef's Choice Fruit Bread Slice Dessert</p> | <p>28 Home Style Meatloaf Mashed Potatoes w/ gravy Corn Chef's Choice Fruit Dinner Roll Dessert</p> | <p>29 Scrambled Eggs Waffle Sticks Bacon/Sausage Fried Potatoes Chef's Choice Fruit Dessert</p> | <p>30 Baked Lemon Cod Au Gratin Potatoes Green Beans Chef's Choice Fruit Dinner Roll Dessert</p> |

